



Issue 75
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Toilet Talk

Stay Well Manchester College!



Can't Stop Laughing

Most people would like to spend more time laughing. Not true for a thirteen year old Chinese girl, who has been laughing uncontrollably since she was eight months old. She caught a fever that may have injured her frontal lobe, causing her to not even be able to speak. Instead, Xu Pinghui communicates through different pitches of laughter. Doctors are working on a cure for this unusual ailment. -foxnews

Beans: the magical fruit the more you eat!

Aerophagia, excessive gas, flatulence, farts: different names, same thing. It can be really embarrassing, but the average person expels gas fourteen times per day. Flatus can be caused by eating non-digestible foods like fiber. There are some carbohydrates in beans that cannot be digested by the enzymes so bacteria in the colon must break it down. The result is gas! – health24

The PERC Isn't Just for "Athletes"

Although it might be busy a lot throughout the day, the Physical Education and Recreation Center should not be intimidating. You can stop by and get a great workout in as little as 20 minutes. The recent and upcoming trend in exercise is circuit training. It is a way to knock off both the cardio and the strength training in the same workout. Twenty minutes of a high-intensity circuit can burn more than 250 calories. It is effective for raising endurance and becoming stronger. Twelve strength training exercises should be picked, each focusing on a different main muscle group. While moving to the next machine, get 20 seconds of cardio in. You will see an improvement in your fitness! E-mail healthservices@manchester.edu for more info! -thatsfit.com

You Are What You Eat

A healthy diet is crucial in staying energized, free from illnesses, and fending off injuries. Vitamins are needed for normal growth and maintaining health. They assist in releasing energy from the food we eat, and using it to build muscle, bone, and soft tissues. Carbohydrates are needed for energy. Protein helps build muscle. Fats are even necessary for the intake of essential fatty acids. Believe it or not, water is a vital part of nutrition. Eating healthy may sometimes feel like a burden. One way to get enough healthy variety in your diet is to have a portion of many different colors on your plate. Pick some green and orange vegetables, yellow and red fruit, and then some brown carbohydrates. Many colors does not mean you can pick the M&M cookies and count the M&Ms' as blue, yellow, red, and green food choices! -mypyramid.gov

How to Release Your Inner Genius

Exercise for the brain is just as important as exercise for muscles in your body. Memory can be improved by a variety of things. Sudoku puzzles and anagrams send neuron impulses to keep the brain thinking. Want to remember things better? Brain memory, reflex, and creativity are three parts that need to be exercised. Although studying for exams may not seem fun, it keeps your mind at work. Keep the background noise off to remember information better. You should also study in the same location, away from facebook and texting. Minimize your distractions and focus on getting a bigger brain! -nytimes

A Story of Triumph Over Tragedy:

Understanding YOUR Role in the Journey
Tuesday, March 9th, 3:30 pm, Cordier,
VIA credit

The risk of rape is 4 times higher for women aged 16-24 than for any other age group

Little money = better health?

Generally, people do not enjoy the bad economy, but there is some good news! Recessions are associated with increased life expectancy. The Gross Domestic Product (GDP) is the total market value of all final goods and services produced in a country in a given year. On average, a 5% drop in GDP equates to a 1.9 year increase in life expectancy, while a 5% increase in GDP gave a 3 month drop. Their data was taken from a large sample size over long periods of time, tracking every recession since 1929. In general, a bad economic climate tends to lend itself to eating out less, as well as lower drinking and smoking rates. -health.com

Working with linked text boxes



Caption describing picture or graphic.

The text boxes in this newsletter are linked, so text from one column flows into the other column and you can easily include more than one story on a page.

When you are working with linked text boxes, you should turn on the **Text Box** toolbar. To do this, on the **View** menu, point to **Toolbars**, and then click **Text Box**.

When you start writing your story, we recommend that you do most of your writing and editing before you copy the text into the empty linked text boxes. To move among linked text boxes in a story, select a text box that is part of a story. On the **Text Box**

toolbar, click **Next Text Box** or **Previous Text Box**.

To copy or move linked text boxes, select the first text box in the story. Hold down **SHIFT** and select each additional text box you want to copy or move. On the **Edit** menu, click **Copy** or **Cut**. Click where you want to copy or move the text boxes. On the **Edit** menu, click **Paste**.

You can also break a link between any two linked text boxes in a story. To do this, select the text box. On the **Text Box** toolbar, click **Break Forward Link**.

Adding pictures to your newsletter

Pictures of your family trips, special events, and every day life will bring your newsletter stories to life. Once you have chosen a picture, place it close to the story. Be sure to place the caption of the image near the image.

If you want to use clip art in your newsletter, you can find thousands of clip art images on Office Online that you can download and insert into your newsletter.

To change the pictures in this newsletter to your own, click the image you want to change. On the

Insert menu, click **Picture**, and then click **Clip Art** or **From File**. Locate the image you want and double-click it. The new image will be inserted into the existing text box for easy positioning.

Tip: Text boxes that contain images or text often do not have borders showing, so it may not be apparent that an item is placed within a text box.

To see the text boxes that contain the pictures in this template, click **Options** on the **Tools** menu, click the **View** tab, and then select the **Text boundaries** check box under **Print and Web Layout options**.



Caption describing picture or graphic.

Updating the page numbers in this template

The page numbers in this template are located at the top of the leftmost column on each page.

To update a page number, select the page number, right click on it, and then click **Update Field**.

To add page numbers to additional pages, copy the text box that contains

the page number on this page, paste the text box on the additional pages, and then update the page number field.



Our Family

Address line 1
Address line 2
City, ST ZIP Code

Phone:

(242) 555-0167

Fax:

(242) 555-0168

E-Mail:

someone@example.com

*A favorite family phrase
or slogan can go here.*

We're on the Web!

Visit us at:

<http://www.widgets.msn.com/>

Season's greetings!

A great way to add content to this newsletter is to include a calendar of upcoming events or a special memory that your family shares. You can also transcribe the words of a song or a poem onto the back of your newsletter to set the tone for the rest of your message.

With a little creativity and imagination, creating a holiday newsletter can be a great way to say "Season's Greetings!"

**Our kids' favorite
Christmas joke:**

What do you call a person
who is afraid of Santa Claus?

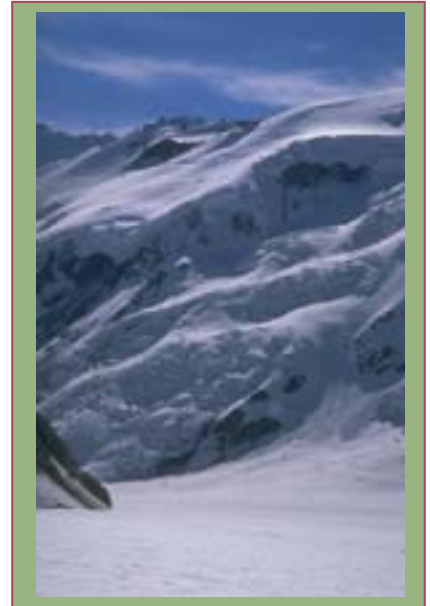
Claustrophobic!

A special message from our family

On the back of your family's newsletter, you may want to add a simple greeting, a poem, or a child's drawing. This is the first part of the newsletter that your loved ones will see when they receive your newsletter in the mail, so make sure that it is festive and eye-catching.

You can add your own artwork to the back of a family newsletter by scanning in a drawing or a photograph.

You can also find a wide variety of holiday clip art and photographs on Microsoft Office Online.



Our Family's Name
Address line 1
Address line 2
City, ST ZIP Code



*Friend's Name
Street Address
City, State Zip Code*